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## NOTES FROM THE MEDICAL PRESS

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IN CHARGE OF

ELISABETH ROBINSON SCOVIL

**MEDICAL MISSIONARIES.**—The London letter of the *Medical Record* says that a medical missionary is sometimes welcomed by tribes which jealously exclude everyone else. A missionary who penetrated the hinterland of the Soudan, reported that it was mainly through the work of the medical members of the mission that it was possible to secure the confidence of these curious natives. He regards a mission without doctors and nurses as only half equipped.

**A NEW TREATMENT OF ALCOHOLISM.**—*The Journal of the American Medical Association* says that sugar and alcohol supplant one another in the human body. The alcoholic has an aversion to sugar; the body receives a minimum supply and so cries out for more alcohol. Chronic alcoholism is treated by increasing the intake of sugar and lessening the alcohol supply. The sugar satisfies the craving for the stimulant. Cereals with sugar, sweet fruits, pastry, chocolates and ice cream are advised. If there is a distaste for sweets, the change must be gradual and a dram of lactose in powder given every two hours. Toddy, juleps, and sweet wines are given in the early stages. A sweetened liquor relieves the craving in from one to four weeks. The average case omits alcohol in from three to five days. Cathartics and diuretics are advised to remove the accumulated poison and avoid acute intoxication.

**MOST FAVORABLE AGE FOR FIRST CHILDBIRTH.**—A German medical journal concludes that the most favorable age for the first birth is between 18 and 23. During this time there are fewer complications for both mother and child. From 17 to 29 years of age is not considered especially unfavorable.

**CALCIUM CHLORID IN HAY FEVER.**—*The Journal of the American Medical Association*, quoting from a German contemporary, advocates the continued use of calcium chlorid in chronic cases of hay fever. It aims to remedy a constitutional defect—probably a disturbance in the function of the para-thyroid bodies. The dosage recommended is a teaspoonful of a 20 per cent solution of crystalized calcium chlorid in distilled water, to be taken in a quarter of a glass of water in the course of the three principal meals. This is especially necessary in persons who do not take much milk or vegetables, and live in regions poor in lime.

**PREVALENCE OF NASAL CATARRH.**—*The New York Medical Journal* advises the evaporation of more water in artificially heated living rooms,

schools, or public assembly rooms to lessen nasal catarrh. In order to prevent colds excessive clothing should not be worn. This, however, is largely a matter of habit and sudden changes should be avoided.

**THE HOT-AIR DOUCHE.**—*La Presse Medicale* reports excellent results in the treatment of traumatic and operative infected wounds by this method. The hot air is bactericidal and favors healing.

**TREATMENT OF THE CIGARETTE HABIT.**—*The Journal of the American Medical Association* says that the treatment advised by the Anti-Cigarette League is the careful regulation of the diet—excluding meat for a time and substituting fruits, cereals, and milk for at least two weeks. Eliminative baths, especially the Swedish bath, assists in getting rid of the stored-up nicotine. Chewing gentian root between meals and washing the mouth with a 25 per cent solution of silver nitrate after each meal for one week is advised. It is said that the silver nitrate combines with the nicotine and renders it extremely distasteful.

**VACCINE THERAPY OF WHOOPING COUGH.**—*The Interstate Medical Journal* in a review of recent literature on pertussis states that vaccine made from pure cultures of the Bordet-Gengon bacillus has been successfully used in the treatment of whooping cough. In seventeen cases, for the most part, poor, ill-nourished, badly developed children, no bad results occurred. All were cured except three and they showed distinct improvement. Immunizing doses were given to two children who had been exposed to the disease and who had not had it. Neither child contracted it.

**FRESH AIR IN PNEUMONIA.**—A writer in *The Journal of the American Medical Association* says that fresh air can be furnished either warm or cold. Patients with broncho-catarrhal pneumonia, where the vital energy and body heat are already low, require the air warmed. Where there is genuine fibrinous pneumonia with high temperature, cold, or even out-door treatment is beneficial. In the latter case the patient should be made comfortable with additional covering placed over the mattress and clothes that envelop the body, not merely lie on it. Hot-water bags or bricks should be applied to the feet, if needed. Only the nose and mouth need be exposed to the cold fresh air. In the Adirondack sanitariums the bed-clothes are arranged into a sleeping bag by folding the blankets under the patient on each side and turning them under at the foot.

**THE CRISIS IN PNEUMONIA.**—The same paper, in speaking of the treatment in this interesting and little understood phenomenon of pneumonia, says that the sudden fall of temperature, the tremendous expenditure of nervous and chemical energy entailed in the final overthrow of the toxæmia, the almost instantaneous relaxation of the tired heart,

must be met by artificial warmth, absolute rest, and sometimes by the use of cardiac stimulants. Hot blankets, hot-water bottles, hot water or lemonade internally, and the cessation of all active treatment for the moment will enable the patient, as a rule, to pass through it in safety.

**VACCINATION.**—In *The American Journal of Tropical Diseases* Dr. Dyer recommends that the vaccination process should stop at the vesicle and not be allowed to proceed to the pustule. The vesicle should be broken and the site treated antiseptically. This prevents the arm from being sore; and the scar is avoided or reduced to a minimum.

**DISINFECTION OF TYPHOID STOOLS.**—The *Boston Medical and Surgical Journal* advises the adoption of a German method in which the stool is covered with hot water and about one-fourth of the bulk of dejection is added of quick lime, calcium oxide. The receptacle is covered and allowed to stand for two hours. The lime should be in lumps, which are broken into small pieces and spread over the stool. The hydration of the lime generates sufficient heat to destroy the typhoid germ.

**LACTATION A PROPHYLAXIS AGAINST PREGNANCY.**—*The Journal of the American Medical Association*, quoting from a German contemporary, says in an investigation of 1200 cases it was found a universal rule that as long as the women suckled their infants and gave them no other food there was no menstruation and no new conception. The mothers not nursing soon menstruated again and a new pregnancy speedily followed. Breast-feeding, therefore, protects the mother against another pregnancy until she is physiologically ready for it.

**TREATMENT IN RINGWORM.**—The *Practitioner* recommends a lotion of picric acid, seven grains; camphor, half an ounce; and rectified spirit, half an ounce, as excellent in the treatment of ringworm.

**ALBUMIN WATER AS A FOOD FOR NURSING.**—The *Medical Record*, quoting from a German journal, says that the digestive tract of a healthy baby is irritated by the administration of egg albumin in water and when the stomach is disordered the effect must be more pernicious. It may cause vasomotor disturbances. Egg albumin, merely left on a baby's lips, was said to have caused severe local and general symptoms.

**FIRST AID.**—In the newer parts of the Province of Ontario, in places from fifty to one hundred miles distant from a physician, medical cabinets are placed, containing first aid requisites, with directions which enable medical care to be given for a few days until a doctor can be procured.

**MISLEADING SYMPTOMS.**—In *The Journal of the American Medical Association*, Dr. Bransford Lewis says that nine-tenths of the instances of pain in the back come from muscular rheumatism or some simple cause, without any involvement of the kidneys. Serious disease of the kidneys may exist without any renal symptoms.